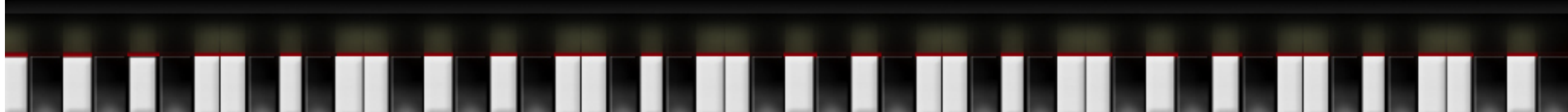


Zentangle



What is Zentangle ??

Also known as zendoodle..... It is a controlled doodle or a doodle contained within a predefined framework that is focused on creativity. Artists use a repetition of marks to create patterns, thus developing an overall design or zendoodle.

“The term 'Zentangle' was coined by Maria Thomas and Rick Roberts. Maria is a graphic artist who doodled a lot and one day realized that her doodles were putting her into a state of meditation (or zen). The couple decided to explore the concept in more detail and Zentangles were born.”

<http://www.zentangle.com/index.php>

Often these are done as black and white drawings, but aren't limited to only black and white. Artists usually use some type of writing pen to create these controlled marks.



Why Zentangle?

- Relaxing
 - Helps develop creativity
 - Relieve or reduces stress
 - Improve eye/hand coordination
 - Develop/rehabilitate fine motor skills
 - Therapy
 - Stimulates both right and left brain functions
- EVERYONE CAN DO IT! – IT'S EASY!



Project Goals:

- Create 2 practice sketches min. of contour line ideas in your sketchbook.
- From ideas within your sketches, create a 3D Zentangle Design.
- Experiment with spiral lines, straight lines, squiggly lines, designs with lines, thick and thin lines, etc. Stick to using lines and shapes to create patterns rather than actual pictures – 3D!
- Use all of your space, no more than about an inch of space should be left open in areas.
- You choose the materials! What will your drawings look like 3D?
- Explore all design elements and principals of art within the piece.

